

Boston University  
Presents



## Morocco

With Ruth-Anne Adams  
Of Casablanca Restaurant in Harvard Square

May 2004

In an effort to teach authentic Moroccan food, these recipes were researched and adapted from Café Morocco by Anissa Helou, Couscous and other good food from Morocco by Paula Wolfert and Casablanca Cuisine by Aline Benayoun.

## **TODAY'S MENU**

### **Hleeb del lawz-Almond Milk—16 people**

8cups	blanched Almonds
2c	sugar
4Tbsp	Orange Flower Water

1. Soak the almonds in boiling water for 15-20 minutes
  2. Drain and put in a food processor add sugar and puree to make a paste
  3. Put in a bowl and pour 10c water; stir until the water is dissolved
  4. Keep in refrigerator for at least 30 minutes
  5. Strain into a pitcher and push out all liquid
- Add orange flower water to taste up to 4 Tbsp into the almond milk. Discard the pulp.

### **Cucumber Salad—12people**

6	Cucumbers peeled and seeded and grated
4Tbsp	Sugar
4tsp	Vinegar
4Tbsp	Olive oil
1tsp	Salt
1/2tsp	Za'atar
2c	Cured black olives

1. After grating the cucumbers, drain off the liquid
2. Mix the cucumbers with the sugar, vinegar, oil and salt.
3. Crush the za'atar between your finger tips and sprinkle over the cucumbers
4. Mix well and garnish with olives

### **Pruneaux aux Noix-Prunes stuffed with Walnuts- 20 tastes**

1 lb	Shelled Walnuts
2 lbs	Pitted prunes
8Tbsp	Castor Sugar
4 ea	oranges
6Tbsp	Vegetable oil

1. Stuff each walnut into a prune
2. Place in a sauce pan with the oil
3. Squeeze the oranges and add the sugar
4. Cook over low heat while basting the prunes with the juice for 20 minutes

### **Kefta- Grilled Minced Meat—12 tastes**

1 lb	Ground beef
2clove	Garlic
1tsp	cumin
1tsp	paprika
1/2tsp	ground coriander
	salt
	pepper

1. Mix all ingredients together
2. Put on skewers
3. Season and roast in oven for 10 minutes at 400 degrees

### **Cous Cous grain—26 people**

3 lbs	cous cous grains
4 ½ Tbsp	vegetable oil
1 1/2tsp	salt
1/2tsp	pepper

1. Put the cous cous grains into a large bowl
2. Sprinkle with 3 pints of water warm and 1 ½ tsp salt
3. Work the grains with your hands until the grain starts to separate
4. Let stand for 2-3 minutes until water is absorbed
5. Add the oil and the salt and pepper and work until the oil is absorbed

# MORE RECIPES TO TRY AT HOME

## **Aqua Limon –Lemonade-26 people**

10 lemons – no wax  
20oz Castor Sugar

1. Wash and Zest lemons
2. Boil the zest in a 2 ½ pint water for 5 minutes and sit for 10 more
3. Cut lemon in half and juice
4. Dissolve sugar in 10 pints or warm water
5. Mix all together strain and put in freezer to start to freeze
6. Mix and serve

## **Asseer del Zbib--Grape Juice—16 people**

10 ½ lbs green seedless grapes –slightly chilled  
8-12 tsp. Orange flower water

1. Pick the grapes and put through a vegetable juicer—12 cups, cover so it will not oxidize
2. Add the orange flower water and serve immediately

## **Orange Salad—12people**

2hd Romaine  
6ea Navel or temple oranges  
4Tbsp Lemon juice  
4Tbsp Sugar  
Salt  
Cinnamon  
2Tbsp Orange Flower Water  
1 1/2c Chopped walnuts

1. Wash and pat the romaine leaves dry, refridgerate
2. Peel and section the oranges and squeeze the rest of the juice out of the membrane
3. Keep chilled
4. Mix the lemon juice, sugar, salt, 1tsp cinnamon, orange flower and 4 Tbsp of the orange juice.
5. Shred the lettuce and mix with the vinaigrette.
6. Place the oranges over the dressed greens and sprinkle with walnuts and cinnamon

## **Besla M'assala-Spice Onions with Honey –26 people**

3/4c extra virgin olive oil  
18 ea Onions, medium size  
4 ½ tsp Ras el hanout  
Sea Salt  
2Tbsp Honey-good quality

1. Put the oil and onions in a large saute pan with 4 ½ c water over medium high heat
2. Add the ras el hanout and sea salt, bring to a boil and boil for 15 minutes
3. Reduce heat to medium low and simmer. Stir occasionally and allow to get mushy 20-30 minutes
4. Uncover and increase the heat to reduce the sauce. Add the honey and cook a bit more.
5. Check Seasoning.

**Salad de Pois Chiches qu Paprika et au Cumin—Chick-Pea Salad with Paprika and Cumin—12 people**

2-12 oz tins	Chick peas
12ea	Garlic cloves, finely chopped
4tsp	cumin
6Tbsp	olive oil
2Tbsp	red wine vinegar
2tsp	Salt

1. Fry the garlic in oil and add the cumin, paprika, salt and vinegar.
2. Cook for 3 min always stirring so the spices don't burn
3. Add the drained chick-peas Cook for another 5 minutes while stirring

**Poulet au Citrion et aux Olives- Chicken with lemon and olives—16 people**

2-3lb	Whole Chicken
6 ea	Preserved Lemons, sliced
6Tbsp	Olive oil
2ea	Onion, Finely Chopped
6ea	garlic Cloves
14oz	Kalamata olives, pitted
1tsp	Saffron
1bu	Cilantro( two if small bunches), chopped
	Salt
	Pepper

1. Cut the chickens into 8 pieces each.
2. Season the chicken and brown in the oil
3. Add the onion, garlic, saffron, salt and pepper. Cook over medium heat for 5 minutes
4. Add the chicken back to the pan and add water to cover
5. Cover the pan and cook until the chicken is tender –about 45 minute total
6. After 30 minutes cooking time add the preserved lemon and the olives.
7. Garnish with the chopped cilantro

### **Orange and Cinnamon Salad—Laymun bel-Qerfa-16 people**

4 ½ lbs        Oranges  
2tsp            Orange flower water  
2ea             Oranges for juice  
                  Ground Cinnamon

1. Peel oranges without the pith and slice in thin wheels
2. Arrange on a platter
3. Mix the orange flower water and the orange juice and pour over oranges. Dust with cinnamon

### **Ghreyba-Moroccan Shortbread—30 tastes**

1 ¼ c            Sugar  
1/2tsp          Mastic, crushed to a powder  
2ea             medium egg yolks  
1c+2tbsp        Unsalted butter softened  
3c                Ap flour  
1/3c              Blanched almonds

1. Put the sugar and the mastic in a bowl and make a well.
2. Add the egg yolks and mix them into the sugar with your finger tips
3. Add the butter and blend
4. Add the flour and knead the dough until smooth and firm---5 minutes if needed add more flour
5. Make small balls the size of walnuts and press an almond into the dough
6. Put on a buttered baking sheet and bake for 15-20 in a 350 degree oven
7. Let cook a bit on the sheet before removing